

Wild Cowboy Stew

Makes: 12 or 48 servings

12 Servings		48 Servings	
Ingredients	Weight	Measure	Weight
Turkey breast, ground	1 lb		4 lb
Baked beans, canned, undrained		2 cups	8 cups

Directions

1. Brown turkey over medium heat.
2. In slow cooker, combine all ingredients. Stir to combine.
3. Cover and cook for 1 hour on HIGH.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	4 g	
Protein	11 g	
Carbohydrates	28 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	332 mg	